WISH YOU COULD WORK FROM HOME?
SEVEN DRAWBACKS TO KEEP IN MIND {page 12}

MORE THAN FRIENDS
JEN FINDS BLISS WITH NEW BEAU {page 8}

WELCOME HOME WINNIPEG JETS!

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JAMES TURNER/METRO

▶ Lloyd Axworthy, president of the University of Winnipeg, stands in the school's newly opened science complex.

U of W opens new facility

State-of-the-art green-friendly building houses Richardson College for the Environment and Science Complex

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

Under the atrium's windowed ceilings, in between trees and beside a 3,000-square-foot wall lined with recycled maple from a old roller rink, the Richardson College for the Environment and Science Complex officially opened its doors yesterday.

The building's exterior is becoming a familiar sight with its "periodic table on Portage," but the $66.58-million facility looks even more spectacular from the inside.

In attendance yesterday, Premier Greg Selinger announced the province's commitment of another $1.8 million in new funding for operating and moving costs.

"This new facility puts Manitoba at the leading edge of science and sustainability education. Our government will continue to ensure first-rate opportunities like this remain affordable and accessible to all Manitoba families," said Selinger.

The college's 30 labs, rooftop greenhouse and other facilities are open to university students this September. The building will also be home to the University of Winnipeg Digital Learning Lab, an after-school program that teaches high school students about media and technology.

"In here you get to try out a lot of stuff. The environment is different from a classroom. It's more welcomed to sharing ideas," said Regina Resoso, 16, a Sisler High School student who recently pitched her digital-branding company on Dragon's Den.

Every day, about 2,000 students will use the building, which houses the university's biology, chemistry and environmental studies departments.

Dr. James Currie, associate dean of science, said the building gives undergrads the opportunity to conduct research and move out of the "prehistoric labs" built in the 1950s.

CRYSTAL LADERAS/FOR METRO

▶ The new complex as seen from Portage Avenue.

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Questioning off-roading law changes

Coun. Gord Steeves says ORV bylaw could create 'mass confusion'

JAMES TURNER
@METRONEWS.CA

A city councillor is withholding his support of a Winnipeg police request to alter laws making the use of off-road vehicles illegal on all public land within city limits.

The Winnipeg Police Service, represented by Chief Keith McCaskill and traffic unit head Sgt. Doug Safioles, formally requested a review of the city's laws governing the use of ATVs, dirtbikes, snowmobiles and other ORVs at city hall yesterday.

Police recommend outlawing any use of the vehicles, along with hiking fines for anyone who breaks the rules. They also want the power to seize scofflaws' vehicles where appropriate.

Police also asked the city to pony up about $90,000 to purchase two snowmobiles and a two-person ATV so officers can enforce the proposed new law.

But St. Vital Coun. Gord Steeves said he's concerned people living on the southern fringes of the city could be confused by the move.

Some homeowners in the southern fringes of his St. Vital ward "bought homes with a certain package of rights" that will change should the bylaw changes pass.

"I'm not going to support the report today," Steeves said. "I have a lot of residents in the south of the city that will be affected by this."

Steeves added his position could change in the future.

Postal. Strike

▶ Rob Rempel

JAMES TURNER/METRO

Going back to work

Unionized postal carrier Rob Rempel and his colleagues rallied against federal back-to-work legislation outside Canada Post's downtown headquarters over the lunch hour yesterday.

Man dies after stabbing

A man who allegedly stabbed another for his beer Saturday has been charged with murder after stabbing a second man that night, police say.

A 27-year-old man standing outside a business on Nairn Avenue was stabbed over his case of beer. Later, police said, the same suspect went to a home on Arlington Street where he got involved with a domestic dispute. Steven Kyle Dodge was stabbed after intervening. ELISHA DACEY

Project breakaway

A project meant to curb abuse of emergency resources by chronic street people through providing them access to housing and other services is showing signs of success, according to the vulnerable-persons co-ordinator for the Winnipeg Police Service. JAMES TURNER

Young killer to get leave from jail

A teen killer's rehabilitation in jail has been going so well he should be allowed temporary absences to attend school, a provincial judge has ruled.

Now 20, the young man is in the final year of a three-year-long youth sentence for manslaughter in connection to the stabbing death of Brian Castel, 37, in Winnipeg's inner city in 2008.

He was charged at age 17 and spent 21 months in custody prior to being sentenced.

He appeared in front of Court of Queen's Bench Justice Donald Bryk yesterday for an annual review of his sentence.

Bryk agreed to convert the final eight months of the man's jail time to what's called open custody, allowing him the ability to take leaves from the jail where he's serving his time.

The Crown did not oppose the move.

He's shown "a dramatic change in attitude" while locked up and has made considerable efforts to take ownership of his crime, Bryk noted.

The man told a probation officer he wants to pursue a career as a counsellor and plans to attend post-secondary school in the fall, court heard.

"You have control over your own destiny," Bryk told him. "I'm optimistic you will continue in the direction you have chosen." JAMES TURNER

1 news

Forgotten about the last pandemic? Luckily, very smart people are thinking about the next one.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Allan Small says it's time for investors to take advantage of great buying opportunities. More at metronews.ca/investing

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Violent games win court fight

Minor's video game law overturned by U.S. Supreme Court ◗ Games get First Amendment protection ◗ Developers and sellers celebrate decision

Proposed law

- **California's 2005 law** would have prohibited anyone under 18 from buying or renting games that give players the option of "killing, maiming, dismembering, or sexually assaulting an image of a human being."
- **Parents** would have been able to buy the games for their children, but retailers selling directly to minors would have faced fines up to $1,000 per game sold.
- **Children** would have needed an adult to get games like Postal 2, the first-person shooter by developer Running With Scissors that features the ability to light unarmed bystanders on fire.
- **The law never took effect.** Lower courts have said the law violates minors' constitutional rights.

The U.S. Supreme Court has refused to let California clamp down on the sale or rental of violent video games to children, saying governments lack authority to "restrict the ideas to which children may be exposed" despite complaints that the popular and fast-changing technology allows the young to simulate acts of brutality.

Yesterday, on a 7-2 vote, the high court upheld a federal appeals court decision to throw out California's ban on the sale or rental of violent video games to minors. The 9th U.S. Circuit Court of Appeals in Sacramento had ruled that the law violated minors' rights under the First Amendment, and the high court agreed. There is no definitive proof that violent video games cause harm to children, or any more harm than another other form of entertainment, said Justice Antonin Scalia, who wrote the majority opinion. He noted there is no tradition in the United States of restricting children's access to depictions of violence, pointing out the violence in the original depiction of many popular children's fairy tales like Hansel and Gretel, Cinderella and Snow White. THE ASSOCIATED PRESS

DISSENTING JUDGES' OPINIONS

Justices Clarence Thomas and Stephen Breyer agreed the California video game ban should have been upheld,

Breyer said the court's decision creates an insurmountable conflict in the First Amendment, especially considering that justices have upheld bans on the sale of pornography to children.

"What sense does it make to forbid selling to a 13-year-old boy a magazine with an image of a nude woman, while protecting the sale to that 13-year-old of an interactive video game in which he actively, but virtually, binds and gags the woman, then tortures and kills her?'' Breyer said.

Two other justices indicated they would be willing to reconsider their vote throwing out the law. THE ASSOCIATED PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ JT Taga-Anderson, 9, left, and Mika Taga-Anderson, 13, play Grand Theft Auto IV in Los Altos, Calif., Sunday.

'Bikeability Index' promotes urban cycling

University of British Columbia researchers are pedalling past the old adage "You are what you eat'' to propose that bike-friendly city design can have a revolutionary impact on health and fitness.

Arguing the blueprint of a community influences the amount of physical activity its citizens get, they propose the new saying should be "You are — where you live."

The team has created what they've dubbed the "Bikeability Index," a mapping tool that scores neighbourhoods on how accommodating they are to cyclists.

The online, colour-coded maps currently correspond to Vancouver — a city that's pushed hard to get people out and about on two-wheels in recent years — and its surrounding municipalities. They chart the availability and quality of bike facilities in individual areas, how connected streets are, topography and land use, and then sum up the results to provide cities with a big-picture rating.

Lead researcher Meghan Winters said the team's primary goal is to deliver the maps to the hands of urban planners, who can use them as visual aides to identify which areas of a city should be improved to promote a cycling breakaway.

"People ... assume that walkability and bikeability (are) the same thing," Winters said. "But it's not actually true. People need different things when they're on their bikes." THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ A cyclist rolls down a bicycle lane in downtown Montreal last August.

2,100 Data was collected from more than 2,100 people and was also compiled using public-opinion surveys, studies of travel behaviour and focus groups.

HIV killer has very high libido: Crown

The Crown said a man thought to be the first in Canada convicted of murder through HIV transmission has an abnormally high libido that could lead him to reoffend if he's eventually freed.

The Crown, making closing arguments in Hamilton yesterday, is seeking to have Johnson Aziga designated a dangerous offender, which would see him jailed indefinitely.

Aziga was convicted in 2009 of two counts of first-degree murder, 10 counts of aggravated sexual assault and one count of attempted aggravated sexual assault.

His convictions are related to 11 women with whom he had unprotected sex without telling them he had HIV. THE CANADIAN PRESS

Wrong-turn penguin on the mend

New Zealand's favourite penguin visitor is more lively and eating fish after undergoing endoscopic surgery yesterday to remove some of the beach sand and twigs it swallowed, apparently mistaking it for snow.

Full recovery for the young emperor penguin — affectionately dubbed Happy Feet — may take months, and officials are unsure when or how it could return home to the Antarctic, about 3,200 kilometres away. THE ASSOCIATED PRESS

MARK MITCHELL/NEW ZEALAND HERALD/THE ASSOCIATED PRESS

▶ Emperor penguin Happy Feet.

Toronto mayor may go to Pride Week

Toronto Mayor Rob Ford said he would take it "one day at a time" when asked if he would be going to any events at the annual 10-day festival celebrating gay pride.

The comments came after a handful of protesters, angry the mayor might be missing Pride Week, interrupted the event's flag-raising at city hall today.

They began yelling "Bring out the mayor! It's the mayor's job!" and "Where's Rob Ford?"

Ford said last week he won't be attending the annual Pride parade.

Instead, he said, he will be honouring a tradition by spending the upcoming Canada Day long weekend at his cottage. THE CANADIAN PRESS

HMV Canada gets cash infusion

Company hopes more product categories, loyalty cards and revamped stores will boost flagging sales

The new owner of 121 HMV stores in Canada has agreed to invest up to $25 million to fund the evolution of the music, video and game retailer as it adjusts to the digital world.

Paul McGowan, chief executive of Hilco UK, said yesterday that HMV Canada's management team has a plan to maintain sales of CDs, DVDs and Blu-rays at its stores, though he didn't go into details.

"The new product categories it is introducing to the business will help sustain sales levels during the transition of entertainment sales into the digital realm," he said.

HMV has been reworking many of its Canadian stores to focus on a broader selection of music- and film-related products, including T-shirts, headphones, video game controllers and electronics, in an effort to curb declining revenues as disc sales weaken and more shoppers opt to download content.

The company said it would disclose its next steps within weeks.

Hilco UK, a specialist in restructuring retail businesses, paid the equivalent of $3.2 million to British retailer HMV Group PLC to buy the Canadian stores.

Hilco is expected to dig deep into HMV's operations to figure out where corners can be cut.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 57.6 (12,966.5)	+ 0.03¢ (101.35¢ US)

Oil	Natural gas
- 55¢ ($90.91 US)	1,000 cu ft $4.256 (+ 2.7¢)
	Gold contracts $1,496.40 (- $4.50)

Chug. A-lug

▶ Emily van der Wall of Sotheby's wine department holds an imperial — equal to eight bottles — of Chateau Petrus 2000 at Sotheby's London yesterday. The imperial is expected to fetch up to $41,000 at auction on July 6.

AKIRA SUEMORI/THE ASSOCIATED PRESS

Something for the cellar

Oh goodie, more bills: Posties back on job

Canadians can expect to find bills, letters and magazines in their mailboxes once again.

Canada Post says mail delivery will resume today, after Parliament passed back-to-work legislation over the weekend.

However, the Crown corporation warns it will take time to get back to "normal delivery standards" due to a backlog of unprocessed mail.

Though some workers continued to man picket lines early yesterday, Canada Post spokesman Jon Hamilton said there's no reason to believe lingering resentment will further disrupt mail service.

"There's no question we're going to have to, you know, rebuild relationships and figure out a way that we can work together," he said. THE CANADIAN PRESS

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BARING THE TRUTH ABOUT LINGERIE

SHE SAYS ...

JESSICA NAPIER
METRO

Women are better dressers than men; even when they're undressed.

Nine out of 10 men arrive in the bedroom clad in novelty print boxer shorts or a pair of briefs with elastic that gave up three weeks ago. Strangely, they expect their female bedmates to put a little more effort into their costume choices.

This is what keeps Victoria's Secret in business.

The bright pink lingerie mecca is an exhilarating place to be. Undergarments are mounted in displays with their own built-in lighting. Walls are lined with fragrances that have ambiguously sexy names like Fantasies, Attractions and Bombshell and all smell exactly the same. There are 11 different styles of underwear. ELEVEN.

After roaming the cavernous rooms of bras and body lotions, you enter a boudoir-like dressing room that will make you feel like you're preparing to go on stage at the Moulin Rouge. Inside the dimly lit cubicle you will struggle into a corset-style contraption that actually makes you look amazing. With lace, ribbons and plenty of boning, it's possible to convince yourself that you, too, are worthy of a pair of angel wings.

"For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home."

Before you know it, you're intoxicated on the scent of Very Sexy Summer and you have dropped $200 on an embroidered baby doll and two containers of mango temptation body butter.

For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home.

Back in the harsh reality of your well-lit apartment you begin to think that maybe you don't actually look that fantastic squeezed inside this torture device masquerading as underwear. All of a sudden those feathers don't make you look fun and flirty; they make you look like a slutty Muppet.

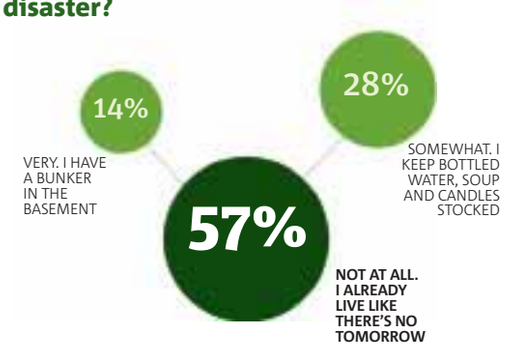
Worst of all is the realization that nothing in your wardrobe is capable of concealing this getup. You would need to wear a burlap potato sack in order to hide the awkward lines and protruding ruffles attached to the apparatus that is now trying to suffocate you.

Since real life doesn't permit "let me slip into something more comfortable" opportunities, you will ultimately decide to ditch your fancy lingerie in favour of a practical tummy-trimming spandex number with a decidedly un-sexy name like Spanx. This, of course, will lead to the eventual Bridget Jones moment you have been dreading, where you are discovered to be the sensible, high-waist, control-top woman that you have been trying to hide all along.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metrolifepanel.ca and take the quick poll

How prepared are you for a natural disaster?


14%
VERY. I HAVE A BUNKER IN THE BASEMENT
28%
SOMEWHAT. I KEEP BOTTLED WATER, SOUP AND CANDLES STOCKED
57%
NOT AT ALL. I ALREADY LIVE LIKE THERE'S NO TOMORROW

Local tweets

- **@MrsA Voigt:** Over the weekend I decided to become a Winnipeg Jets fan.
- **@zootcadillac:** sweet guinea pig of Winnipeg it was hot today. Just started to rain, thankfully. now, just a small matter of 258 photos to process :/
- **@FarahRiz:** I really think #Winnipeg should have the green bin program for organic waste #GreenCity.
- **@colelikeshockey:** Congratulations to Winnipeg on finally remarrying after 15 years ... and forcing your new bride to use your ex-wife's name. Not creepy at all.
- **@lauramel:** Dear #forever21, you're not doing us any favours by marketing your bellytops to a city with 8 mo. of winter. Abs aren't #winnipeg's thing.
- **@northendmc:** If you don't like gay marriage, blame straight people. They're the ones who keep having gay babies! (Awesome ad) #winnipeg
- **@xopamelaxo:** Holy Main Street Winnipeg!!! So scary to even drive through, people just jump out at your car!!! WOWZA!!!

Worth mentioning

OTTAWA. Canadians are a talented bunch with a lot of bright ideas — but we struggle to cash in on those ideas. That's the conclusion of a new report by an advisory body to the federal government on science and technology matters.

The Science, Technology and Innovation Council's report, to be released today in Ottawa, found Canadian businesses don't spend nearly as much on research and development (R&D) as other countries.

And that could affect Canada's ability to turn ideas into products and services that can be sold globally.

"An excellent talent pool and increased efforts by government, higher education and some industries are not preventing stagnation in Canada's overall innovation performance," the report says.

"Despite an overall economic performance the past two years that has exceeded that of its major trading partners, the current level of effort by all performing sectors has not been sufficient to bring Canada's expenditures in R&D to the G7 average."

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Iran ready to monkey around in space

Iran says it plans to send a monkey into space next month as the next step in a space program that Western leaders worry could also bring major advances in Iran's missile arsenal.

The state-run news agency IRNA quotes the head of Iran's space agency yesterday as saying that five monkeys are undergoing tests and one will be selected for the flight on a Kavoshgar-5 — or Explorer-5 — rocket.

Last year, Iran announced it had launched a rocket carrying a mouse, turtle and worms into space.

The U.S. and allies are concerned the technology in the space program could also be used to develop long-range missiles with possible nuclear warheads.

Iran denies it seeks nuclear arms and says it wants only energy-producing reactors.

THE ASSOCIATED PRESS

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Back in the writer's seat

Nia Vardalos teams up with Tom Hanks (again) to write Larry Crowne She dishes to Metro on working with Hanks, her latest project and heading to Winnipeg this summer

NED EHRBAR
SCENE@METRONEWS.CA

Actress, writer and director Nia Vardalos admits that she actually loathes writing — except when it's for Tom Hanks, who's been a close friend and colleague since he produced her first film, My Big Fat Greek Wedding.

The pair teamed up for the script of Hanks' latest, Larry Crowne, so hopefully that writing experience wasn't too terrible. Metro caught up with the Winnipeg native to talk about working with Hanks, heading home this summer and the legacy of her breakthrough film.

How is Tom as a boss?
Well, besides the alcoholic blackouts, he's awesome (laughs). Clearly, you see him. He's one of the most gregarious, fun-loving, well-read, interesting people I've ever met — who happens to be married to my fantastic friend, Rita Wilson. They're just a stellar, shining example of people who have maintained their civility and humanity in a cesspool of an industry. And I just love them both.

What makes the three of you click so well?
We're all dorks, and we like to laugh at ourselves and each other.

It's been almost 10 years since My Big Fat Greek Wedding.
Isn't it hilarious? Just today in Times Square, a gaggle of beautifully black-haired Japanese girls screamed when then saw me. They were all going for their cameras, and this one girl kept bowing and saying, "I am Toula! I am Toula!" That makes me cry. That's a really cool feeling.

How have you dealt with the pressure of having such a big hit right out of the gate?
Some people ask me that, but I just don't feel it. I don't think of things that way. I'm such an optimist, I feel no pressure whatsoever. I don't look at anything in terms of monetary success because that's rather gauche.

I just kind of look at it as that movie opened so many doors for me. I met fantastic people, I had dinner with the Queen of England and I met Elton John, and these are not things that I ever aspired to. I never even dared to hope that they would happen. So I don't think of anything as a pressure. It's just, "What's next?"

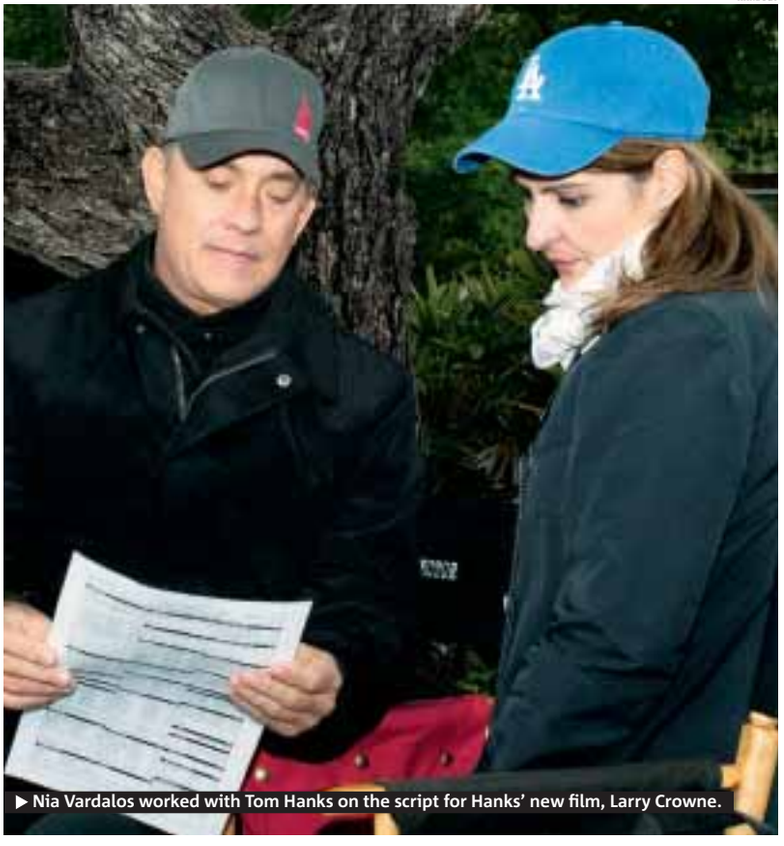
You're going home to Winnipeg soon to film an American Girl movie.
Yeah, I'm really excited. I'm giddy about getting the chance to go back to Winnipeg and spend some time with my family, but also that I got offered a role that I didn't write. I think I Tweeted out that it's another sign of the rapture.

What are you looking forward to most about going back?
I'm looking forward to hanging around with family, and my daughter having time with grandparents and cousins.

And also I'm actually a huge fan of the American Girl series because they promote girl power without being anti-boy, and I like that. I don't believe in an us-or-them mentality. Even with Bridesmaids making such a huge splash, I didn't see it like, "Yeah! One for the women!" That is, I feel, pandering to us. We know we're funny. It's one for comedy. I just love that entire movie, and that's how I feel about American Girl — not the same, G versus R. But, it's about empowerment and about being your best you without it being at the expense of another of the other gender.

An R-rated American Girl movie would be very interesting, though.
You're right, you're right. We should write that.

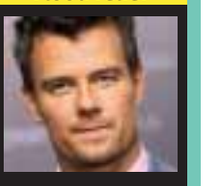
HANDOUT



▶ Nia Vardalos worked with Tom Hanks on the script for Hanks' new film, Larry Crowne.

2 scene

Flood relief



Hollywood actor and Minot, North Dakota native Josh Duhamel has been named honorary chairman of a fund set up for the city's flood recovery. The fund will help Minot and the surrounding area with grants for construction materials, mortgage help, household items and other needs.
THE ASSOCIATED PRESS

Recession-wary performers turn Las Vegas Strip into parade of characters.

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VISIT clubmetro.com TO ENTER

To register and for full contest details visit clubmetro.com

Aniston wearing heart on sleeve

42-year-old actress makes it clear she is smitten with new boyfriend Justin Theroux Says she is 'extremely happy' about her personal life

ALL IMAGES GETTY

Jennifer Aniston enjoying time with new boyfriend Justin Theroux — and is even willing to talk about it.

When asked during a Good Morning America interview if she's happy in her personal life right now, the former Friends star responded, "Yes, I'm very happy. I'm extremely lucky, and I'm extremely happy."

Aniston even brought Theroux along for her Inside the Actors Studio taping, according to People magazine.

"Whenever there would be a lull, she would just look at him and give him a wink and go back to what she was doing," an audience member tells the magazine. METRO

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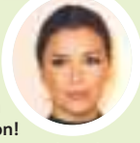
DARK CASTLE

Shia is Pho in love

Five months after meeting at an L.A. karaoke club, Shia LaBeouf says he and stylist girlfriend Karolyn Pho are still going strong — and Pho is even helping broaden his palate. "[Karolyn's] having me try different things. I was scared of fish, 'cause of my upbringing, being Jewish. Gefilte can ruin your entire seafood life," LaBeouf tells the Los Angeles Times. METRO

Celebrity tweets

@EvaLongoria

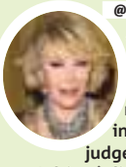


"Sorry I'm on vacation! I'll tweet more when I'm back!"

@BruckheimerJB

"Some of my dogs have been walking around the office wearing cone collars lately - thankfully, they're getting better now"

@joan_rivers



"Poor Lindsay Lohan spends so much time in front of judges, her latest driver's license picture was done by a courtroom sketch artist."

@joelmchale

"Boston... Every eatery cllaims "Award Winning Chowder". Either there's way too many chowder contests or "award" is now part of the title."

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ISTOCK PHOTOS

▶ A new study shows that low vitamin D levels can lead to higher MS susceptibility.

MS linked to low sun

New study lends credibility to the theory that vitamin D a modifiable factor in disease risk Experts speculate it leads to abnormal response

CELIA MILNE
LIFE@METRONEWS.CA

It's a wicked combination that puts people at risk for multiple sclerosis: Low levels of sunlight plus "kissing disease."

Researchers at the University of Oxford in the U.K. have found that people who live far from the equator (in countries like Canada) and have had mononucleosis are at much greater risk for developing MS.

"It is an important finding because it adds weight to the possibility that vitamin D can be considered a modifiable factor when it comes to increased MS risk," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada.

Researchers in England studied records for Britain's National Health Service over seven years; they identified 56,681 cases of MS and 14,621 cases of mono. They also studied NASA data on sun intensity over the country. They found that the effects of sun exposure plus mono together explained 72 per cent of variance in the occurrence of MS across the U.K.

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility."
DR. KAREN LEE

They speculated that not having enough vitamin D in your body leads to an abnormal response to the very common Epstein-Barr virus, the virus that causes mono.

Perhaps vaccines for the Epstein-Barr virus, as well as widespread use of vitamin D supplements, could lead to fewer cases of MS, they reported.

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility," says Lee. "Additionally, it directly links two well-known suspects in MS susceptibility — vitamin D and the Epstein Barr virus."

The U.K. study was published in the prestigious journal Neurology.

Vitamins

How much vitamin D do you need?

The more sunlight than better Because Canada has relatively low levels of sunlight, make sure you get enough vitamin D. "There is a growing body of evidence that vitamin D can help prevent MS and other diseases," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada. Health Canada recommends 600 IU of vitamin D through daily food intake and up to 4000 IU through supplementation.
CELIA MILNE

BODYISMYOGA

Yoga pose. Tree Pose/Vrksasana

Stretching it out

What you do

1. Stand in tadasana, feet hip distance apart and parallel arms to the side.
2. Shift your weight lightly onto the left foot keeping the inner foot firm to the floor and bend your right knee.
3. Reach down with your right hand and clasp your right ankle
4. Draw your right foot up and place the sole against the inner left thigh. If you can, press the right heel into the inner left groin, toes pointing to the floor.
5. Reset your hands on the top rim of your pelvis, making sure the pelvis is in neutral with the top rim parallel to the floor.
6. Lengthen your tailbone toward the floor and firmly press the right foot sole against the inner thigh resisting with the outer left leg. Press your hands together in anjali mudra (prayer) for 30 seconds to 1 minute. Step back to tadasana with an exhalation and repeat on the opposite leg.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

3 life

Fitness pick

Rodial's Arm Sculpt
A busy schedule means you would rather tuck your flagging upper arms (you're convinced they have challenged gravity to a tug-o-war; gravity's winning) under jumpers than spend 30 minutes toning up with downward dog and press up repetitions. Come July, this tactic isn't going to work unless you want to look like a sweaty Michelin Man. Applying Rodial's arm sculpt cream twice daily may help you get Michelle O's toned upper arms in four weeks. The citrus smelling formula contains fruit acids to retexture and smooth bumpy skin tone whilst the caffeine and co-enzyme A help tighten.
METRO

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Aging baby boomers eating up physician resources with chronic illnesses: survey

A dash of Irish charm

Shannon's offers a selection of lunch favourites like wraps and fish & chips

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

It's a pub but it feels like you're heading into Middle Earth. Shannon's Irish Pub is conveniently located downtown but my friend and I hesitate at the top of many stairs wondering if we're actually headed to the right place.

PAY CHEN

▶ Fish & Chips and Spicy Chicken Caesar Wrap.

Shannon's Irish Pub
175 Carlton St.
943-2302
shannonsirishpub.ca
Reservations: Yes
Social lunch: Yes
Licensed: Yes
Price range: $4.99 - $13.99
Rating: 3 out of 5

It turns out we have our own private pub as we happen to be the only diners on a grey Monday afternoon. Our service is stellar and friendly, which I'm certain would be the case even if the room were full.

The one-page lunch menu features a comfortable mix of soup, salads and sandwiches.

Guinness battered Fish & Chips ($13.99 full/$8.99 half) are nicely done with fresh-cut fries and tartar sauce.

The Spicy Chicken Caesar Wrap with fries ($8.99) allows you the option of sliced breaded chicken or grilled chicken tossed in Caesar dressing. Be warned, there's a lot of dressing. It has a nice zip but grab an extra napkin because it's a wet wrap.

Walnut Ice Cream Bonbons

Preparation:

1. Scoop 12 small round balls of ice cream with a melon baller and insert lollipop stick into centre. Freeze for at least 30 minutes.
2. Meanwhile, in bowl, combine walnuts, maple syrup, sugar and cinnamon, stirring well to coat.
3. Pour mix onto parchment-lined baking sheet, spreading into one layer. Bake in a 200 C (400 F) oven for 10 mins, stirring once in between, until light golden. Let cool.
4. Melt chocolate wafers in microwave for three 30-second increments, stirring in between. Dip one ice-cream lollipop into chocolate, gently shaking off excess and roll bottom in walnut mix. Return to freezer until ready to serve. Repeat with remaining bonbons.

THE CANADIAN PRESS/ CALIFORNIA WALNUTS

Ingredients:

- 500 ml (2 cups) ice cream
- 12 lollipop sticks
- 250 ml (1 cup) walnut pieces, coarsely chopped
- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) dark brown sugar
- 5 ml (1 tsp) cinnamon
- 375 ml (1 1/2 cups) dark chocolate melting wafers

DINING WITH THE BOSS, 101

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

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ISTOCK IMAGES

▶ Brush up on the latest news, master your table manners, but most importantly, be yourself when invited over to someone's home for dinner.

Dear Charles the Butler,
My wife and I have been invited for the first time to my boss's house for dinner. We are both very nervous. We live a casual lifestyle, but my boss and his wife live very formally. Tips please!
Nervous Couple

Dear Nervous couple: Going to your employer's for dinner is stressful at the best of times.

But alas, one must overcome social fears, especially if one wishes to succeed in long-term business relationships.

Etiquette is about confidence building, allowing you to be comfortable in most situations.

As a child, my parents laboured tirelessly to teach me table manners — no fingers even for chicken wings! I fought them both tooth and nail.

Soon enough I noticed that when I went to my friends' houses for dinner, their parents would say, "Why can't you learn to eat correctly like Charles?" And that made me feel proud and confident.

Here is all you need to know to enjoy dinner with your boss — with confidence.

1. Take the time to learn how to correctly hold and use a fork and a knife — and practice, practice practice. If at any point you don't know what to do, take a deep breath and follow the hostess.

2. Read the newspaper for one week prior to the dinner. This will allow you to be aware of what is going on in the world and contribute to the discussion with confidence.

3. Look at the invitation to see what the dress code is and if it's not clear don't be afraid to call and ask. If you are dressed appropriately you will feel more comfortable at the dinner.

4. Last but never least, be yourself! Don't put on any pretence — being sincere and genuine is by far the most important. Now go and have a great time!

SMUG MARRIEDS

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

WHEN FACEBOOK COLLIDES WITH MARS AND VENUS

My wife posts rather personal information on Facebook. It's awkward, especially since she's friends with my family and friends. How do I make her stop?

Angela says ...

Have you spoken to her about it? Would she be surprised to learn you feel her posts are too personal? She could be oblivious to your embarrassment. Men and women have very different views on what constitutes 'personal' in a relationship.

Derek says...

Some people are completely unaware of boundaries, though I'm sure that would have materialized before now. If talking doesn't sort it out, you may need to employ some form of digital revenge. Just be prepared for a change in her Facebook relationship status.

Summer love survival

THINKSTOCK.COM

▶ Adding sizzle to a hot summer romance is easier than you think.

Metro speaks with a handful of love experts who offer five steps for landing a hot summer romance

KARIN WASTESON
METRO WORLD NEWS

1 How to find the right type for a summer fling: Since it's summer, any terrain will be well stocked with holidaying hotties, be it on a mountainous trek or a nightclub. "Whatever the activity is, tell your love interest you'd enjoy meeting up at some specific event," says Leil Lowndes, author of How to Make Anyone Fall in Love With You.

2 How to write a sexy text: Now's the time to get sexual with the written word. Or at least the typed version. Swedish relationship specialist Eva Rusz recommends you be anatomical in your prose. "Describe what body part you really long for," she advises. But remember: "It can be as sexy to swoon for a person's brain as a person's private area."

3 How to overcome jealousy: Even on a far-flung vacation, jealousy can rear its ugly head. But as Simone Bienne, a TV relationship expert in the U.K., advises: "when a jealous thought creeps into your mind, shout stop. This can be super effective in managing your problem."

4 How to know when it's time to cool your summer romance: When the mystique of your holiday love fades, it's high time to end the romance. "If you no longer feel excited to see the person, if you are no longer intrigued ... then you'd better call off the relationship," says Blaire Allison, blogger of LoveGuru.net.

5 How to write a love letter: If the embers still glow, how about rekindling that flame with a love letter? "Firstly, spell the person's name correctly. Anything after calling 'Ellen' 'Susan' won't matter," warns Bill Shapiro, former editor of Life magazine and author of Other People's Love Letters: 150 Letters You Were Never Meant to See. "The letters with the most resonance are those that capture a specific moment and how you thought about the person. Honesty counts for so much," Shapiro says.

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7 drawbacks of working at home

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I've worked at home for more than 25 years and almost everyone I know who doesn't, envies me.

There are workplace benefits galore: short commute, no wardrobe issues, few distractions, no time clock and excellent coffee.

But it's not Shangri-La. So as a public service to all you work-at-home wannabes, here is a list of drawbacks.

Make working from home effective with a strict schedule and a Do Not Disturb sign.

-ALISON'S MONEY RULE

1. The if-you're-at home-you-can't-be-working effect
This can range from unexpected and unwanted drop-ins during prime work hours to family calling for a lengthy chinwag.

2. No water cooler!
It can get lonely with no coworkers for time-wasting chats.

I've found myself trying to keep delivery people hanging around for company.

3. No work, no pay.
Sure you can take a break or vacation any time you want, but when you're not working you don't get paid.

Most self-employed people I know rarely take holidays. And sick days? Forget about it!

ISTOCK IMAGES

▶ Working out of your house may not be an office paradise.

4. The office is always open.
Nights and weekends are fair game because the office is right there.

Even on a Sunday morning an unfinished job seems to find you and push the guilt button.

And employers know you're there so they don't hesitate to call outside normal office hours.

5. Hey! I'm working here!
Guests never seem to get it that you have a job to do when you're in the office. Recently I had a visitor who loudly sang off key while I tried to work to a deadline.

6. Too many bosses!
Everyone you do business with is a potential boss. Juggling them all is often a challenge.

7. The kids hate it.
When mine were in the tween and teen years they yearned to be latchkey kids. How can you get into after school trouble if Mom is always there when you get off the school bus?

Homebodies

- Nearly 12 per cent of all paid employees in Canada work at home.
- Twenty-five per cent work at home because it is a job requirement.
- Twenty-three per cent work at home because they prefer the working conditions.

POP QUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

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NATHAN DETROIT'S
Sandwich Pad

Wimbledon. Big names bounced

▶ Venus Williams returns a shot to Tsvetana Pironkova yesterday.

THE ASSOCIATED PRESS

Williams sisters exit Wimbledon, as does Wozniacki

Venus and Serena Williams were both eliminated in the fourth round of Wimbledon yesterday, the first time in five years that neither sister will play in the quarter-finals at the All England Club.
Also knocked out was top-seeded Caroline Wozniacki, who fell 1-6, 7-6 (5), 7-5 to No. 24 Dominika Cibulkova.
Six-time men's champion Roger Federer survived a scare, dropping his first set of the tournament before coming back to down Mikhail Youzhny 6-7 (5), 6-3, 6-3, 6-3 to reach his 29th successive Grand Slam quarter-final.

Sinclair a reluctant hero

Canadian captain tries to avoid the spotlight after playing through broken nose to score against Germany ◗ She may wear a face mask on Thursday when Canada returns to field

Christine Sinclair played the role of reluctant hero yesterday.

The Canadian soccer captain made headlines Sunday for bending in a free kick for a highlight-reel goal despite breaking her nose in a 2-1 loss to Germany at the FIFA Women's World Cup.

Within hours of the game, Sinclair was trending on Twitter, and still was a full 24 hours later.

"When I woke up for breakfast this morning, (teammate Robin Gayle) said, 'You can scrap it off your bucket list, you trended last night.' I said, 'I don't even know what that means,'" Sinclair said with a laugh.

But while the 28-year-old from Burnaby, B.C., might have been big news Sunday night, she wanted little to do with the spotlight the next day — especially if there were cameras involved. She met with a small group of reporters in a hotel lobby, but paused when she walked off the elevator and spotted a camera.

"There is nothing good about this," Sinclair said, pointing to her nose and frowning.

Sinclair had her nose broken by a hard elbow from Germany's Babett Peter, but stayed in the game — against the wishes of the team's medical staff.

She had her nose reset in a Berlin hospital, and spent yesterday morning being fitted for a protective face mask. She isn't thrilled with the thought of actually wearing it Thursday when the sixth-ranked Canadians face No. 7 France in a game Canada can't afford to lose.

"It was painful, but there was so much adrenalin."
CHRISTINE SINCLAIR

"I'm going to try to convince (the medical staff) to not make me wear it," Sinclair said. "I've heard it's not fun to wear. Your vision is limited."

The mask is similar to the one worn by Italian soccer star Marco Materazzi or Detroit Pistons guard Richard Hamilton.

For now, she has a flesh-coloured hard brace protecting her nose.

Sinclair shrugged off talk of being a big deal back home.

"No, I have no idea, it's been a hectic day," she said. "I haven't even called my parents yet."

THE CANADIAN PRESS

Dodgers file for bankruptcy protection

One of baseball's proudest franchises is in tatters, its future to be decided not on the field but in the courtroom.

The Los Angeles Dodgers filed for bankruptcy protection in a Delaware court yesterday, blaming Major League Baseball for refusing to approve a multibillion-dollar TV deal that owner Frank McCourt was counting on to keep the troubled franchise afloat.

McCourt, upset that baseball commissioner Bud Selig rejected the proposed TV deal last week, hopes a federal judge will approve $150 million US in financing to be used for daily operations, which would give him more time to seek a more favourable media contract. A hearing is set for today in Wilmington, Del.

THE ASSOCIATED PRESS

EXTENSION

Canucks lock up Bieksa: Source

The Vancouver Canucks have kept Kevin Bieksa from hitting the market, signing the defenceman to a $23-million US, five-year extension.

The team wasn't expected to announce the deal yesterday, but a source confirmed it had been completed.

Bieksa would have become an unrestricted free agent on Friday.

THE CANADIAN PRESS

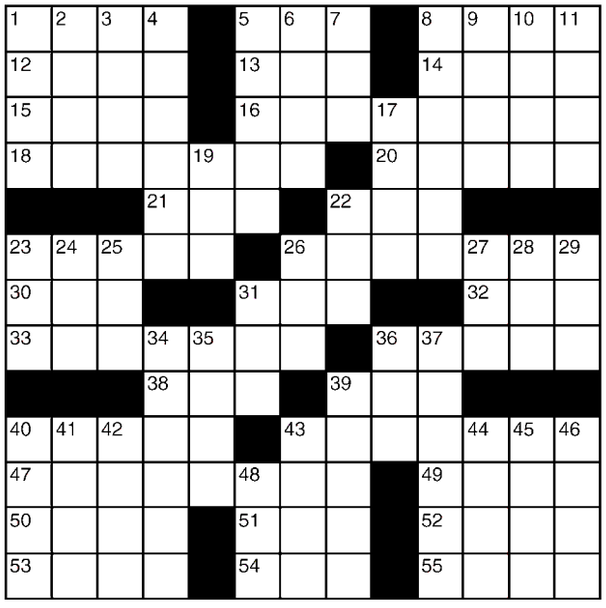
4 sports

Quoted

"I expect a real motivated, real focused guy, and a guy whose body and his injury is ready to go. He's really well beyond (ready), so I think he'll be at full-go coming into training camp and really motivated."

PENGUINS COACH DAN BYLSMA ON STAR CENTRE EVGENI MALKIN, WHO HE SAYS IS PROBABLY "ALREADY READY TO GO" FOR THE START OF NEXT SEASON FOLLOWING RECOVERY FROM TORN LIGAMENTS IN HIS RIGHT KNEE. HE ALSO SAID CAPTAIN SIDNEY CROSBY HAS BEEN CLEARED BY DOCTORS FOR TWICE-PER-DAY, OFF-ICE WORKOUTS.

Crossword



Across

1 "— have to do"
5 Crone
8 Particular
12 — En-lai
13 Bullring cheer
14 Pianist Peter
15 Time of prosperity
16 1960s quartet member Elliot
18 Speaks unclearly
20 Increases
21 Listening organ
22 Collection
23 Rowling's Potter
26 Souvenir
30 Matterhorn, for one
31 Transmit electronically
32 Lummox
33 Copycat's skill
36 Entire range
38 Bashful
39 Young dog
40 Report card letter
43 Champagne and OJ drinks
47 — Day (May 30)
49 Energetic
50 Paradise
51 Past
52 Franc replacement
53 Zilch
54 Cam-bridge sch.
55 Verve

Down

1 Cold War weapon (Abbr.)
2 Quaker pronoun
3 Weaver's apparatus
4 Wood
5 Bart's dad
6 "Woe is me!"
7 Jewel
8 Spur on
9 Ship-building wood
10 Gaelic
11 Rolling stone's lack?
17 Throat-clearing sound
19 Deposit
22 Gender
23 Stage hog
24 Boxer Muhammad
25 Spinning stat
26 Has permission
27 — de plume
28 Greek cross
29 Frequently, for short
31 Saute
34 1926 song, "When Day —"
35 "Moonstruck" Oscar winner
36 Wrigley product
37 Farthest orbital point
39 Chesley Sullenberger, e.g.
40 Feds
41 Start over
42 Prayer ending
43 Creche trio
44 Satan's purchase
45 Taj Mahal city / 46 Any day now
48 Descartes' conclusion

▶ Yesterday's answer

T	O	G	A		B	I	O		F	A	N	G
E	P	I	C		E	N	D		A	R	I	A
M	A	R	C		E	N	D	O	W	I	N	G
P	H	L	E	G	M		S	U	N	D	A	E
			D	O	O	M		T	E	N		
E	N	D	E	A	V	O	R		D	E	E	R
L	E	A		T	I	R	E	D		S	K	Y
L	E	F	T		E	N	D	O	R	S	E	E
		F	O	P		S	C	O	W			
M	O	O	R	E	D		E	R	A	S	E	R
E	N	D	E	A	R	E	D		N	O	T	E
S	T	I	R		O	V	A		D	U	A	L
S	O	L	O		P	E	R		A	L	L	Y

Sudoku

2			3					
3		5		8	2			6
	9	6	1					
						4	3	
9		1				5		7
	4	7						
					3	8	4	
6			2	9		3		1
					1			2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	2	5	1	8	9	4	7	3
9	3	8	2	7	4	1	6	5
7	1	4	6	5	3	2	9	8
8	7	6	4	2	1	5	3	9
1	9	2	5	3	7	8	4	6
5	4	3	8	9	6	7	1	2
2	6	1	3	4	8	9	5	7
3	8	7	9	1	5	6	2	4
4	5	9	7	6	2	3	8	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

John (Sweetie)
My Dearest Sweetheart, in my wildest imaginings I never thought I would meet someone like you. You are everything I always thought a man should be and more. You are the one who is amazing and I adore you for that. Even though we are so far apart you still (to quote your favourite band U2) "Lift my days, and light up my nights" xoxo.
FROM NIKKI

MY WIFE L
Please don't let OUR love die! I can't say why I did the things I did, I don't know why I said the things I said but I beg u don't everrrr wander away Me luv u only u & would die of a broken heart if u ever walk out that door THINK TWICE there is nobody but u baby please believe me!
FROM SOULMATE

A look at the weather

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

TODAY	WEDNESDAY	THURSDAY
Min 17° Max 26°	Min 21° Max 32°	Min 20° Max 30°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Open up a bit and let others know how you think and how you feel.

♉ Taurus April 21-May 21 Your loyalty is impressive, but what about common sense?

♊ Gemini May 22-June 21 Friends and family will rally round and help you out of a jam.

♋ Cancer June 22-July 22 If someone takes liberties with you today you must hit back.

♌ Leo July 23-Aug.23 Your self-belief will see you through what could be a tricky day.

♍ Virgo Aug. 24- Sept. 22 Don't allow yourself to react to the kind of provocation that most others times would go right over your head.

♎ Libra Sept. 23-Oct. 23 A clash of wills is inevitable over the next 24 hours.

♏ Scorpio Oct. 24-Nov. 22 TYou may be under a bit of stress at the moment but it will bring out the best in you. kick-start your summer.

♐ Sagittarius Nov. 23-Dec. 21 Get things done and, more importantly, get powerful people on your side.

♑ Capricorn Dec. 22-Jan. 20 It would be easy to let your anger get the better of you today – and a huge mistake.

♒ Aquarius Jan. 21-Feb. 18 You are in no mood to sit back and let things happen – you want to reach out and get involved – but you would be wise to listen to what other people tell you.

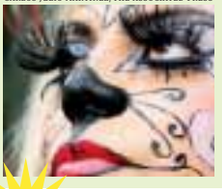
♓ Pisces Feb. 19-March 20. Someone will question your commitment to a cause — do they have a point? **SALLY BROMPTON**

Caption contest

MARK KEPPLER/ THE ASSOCIATED PRESS

"This bridge's troll is sure making us jump through a lot of hoops." Erin

CARLOS JULIO MARTINEZ/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Consider a Career at CDI College

With many high school graduates, the question remains – now what?

If you do not choose to go to work right away, the alternative is to begin your education towards a career. For many, the options are long years of further study. Most public diploma programs last two years including a large gap during the summer. With university, most degree programs last four years and professional careers may require two or more degrees.

There is an alternative. A CDI College Diploma allows you to study at a focused accelerated pace with mature career minded people. Instructors are professionals with years of experience in their area of expertise.

CDI College of Business, Technology, Health Care is the ideal post-secondary provider for a career focused high school graduate who seeks to become a professional quickly.

Tahl East, Campus Director, explained, "Our accelerated learning program allows you to get the necessary skills, developing core competencies quickly and efficiently. We focus on getting the student or future professional ready to work."

"There are few waiting lists at CDI College," East explains, noting that some programs at public institutions may have waiting lists running for years." We have the flexibility of expanding a program to allow for more students and instructors.

Not sure of what program to consider? There are so many to choose from.

There are careers in Health Care including Medical Administration, Intra-Oral Dental Assisting, Addictions and Community Services Worker and Health Care Aide. Plans exist very soon to start offering a Diploma in Licensed Practical Nurses.

Both Dental Assisting and Heath Care Aide have dedicated facilities to meet their specific needs. "Dental Assisting has a fully equipped operatory and laboratory with state of the art equipment. The Health Care Aide classroom has a full residential suite set up inside the classroom," East shared.

In Business, there are options including Accounting and Payroll Administrator, Legal Administrative Assistant and Office Assistant. There is the brand new program of Graphic Designer which is now having its first class this summer.

In Accounting and Payroll Students also earn an external certification as a Payroll Compliance Practitioner with the Canadian Payroll Association. In the recent national exams, CDI College continues to maintain its first place standings in the Prairie Provinces.

With the Technology Program there are programs for Help Desk Support, Network Administration, Network Security, and Programmer Analyst.

"Now is your chance," East said. "We can give you the tools to become that professional in computers you want to be."

CDI College is conveniently located in Winnipeg's renewed downtown. It is across the street from Main and Graham and a 10-15 minute walk from the Forks. With the bustling Exchange District only blocks away, CDI College students can stay downtown and enjoy a positive and enriching downtown experience.

College students are active in the Winnipeg community, helping make our city a better place to live and work. Students have supported and taken part in activities ranging from the first annual Bras on Main Street, raising awareness to Brest Cancer to the recent Pray for Japan event. CDI College has been honouring our past students' community service.

"Plans are in the works to permanently recognize one of our students who initiated a Bone Marrow program with the Canadian Blood Service," East said, noting that students have been organizing events ranging from provide socks/soap for the homeless to helping with the recent SNOW Night.

Congratulations to all Grads this June!

Don't wait for September! Start your new career and begin your professional vocational training today!

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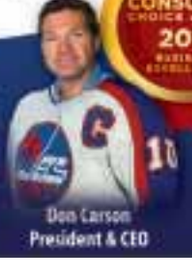

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